

## **Patrick's Pasta and Pesto**

### **Ingredients**

250g broccoli, cut into florets, stalk finely sliced\*

10 fresh basil leaves & 1 sprig for garnish

1 clove of garlic, peeled and crushed

2 tablespoons of olive oil

100g of Low Protein Pasta (different shapes or can use tricolour variety)

\* may need to count as exchanges

### **Method**

1. Cook the broccoli in boiling water until tender. Drain in a colander and refresh with cold water.
2. Cook the Low Protein Pasta in boiling water for 10 minutes or until just softened.
3. Meanwhile, pulse the broccoli, basil and garlic in a food processor until combined but still with some texture. Season, add the oil and pulse again.
4. Drain the pasta in a colander, reserving 4 tablespoons of cooking water to loosen the sauce.
5. Stir the reserved cooking water into the broccoli mixture and spoon over the pasta.
6. Garnish with the basil sprig and serve with lots of freshly ground black pepper.